



Welcome to our studio...

Heart & Flow Yoga is a healing space where teachers and healers come to share their love for teaching healing modalities most commonly in the form of Yoga. Heart & Flow is also a lifestyle choice and self described way of teaching yoga created by Harriet Lanka Fall of 2015. It involves using healing tools other than yoga poses in class, such as massage, energy healing, sage, copal, crystals and intentions. Harriet and all the teachers from Heart & Flow have a goal to help you have a safe & sacred yoga practice that helps you heal, feel and get what you need from your class.

Harriet or another instructor will guide you through your flow, but it's up to you to know and understand what you need from class, to know where you can and can't take your body, and to respond accordingly with your poses. And remember if something doesn't feel right or you need something specific, back off, stop or express yourself to your yoga guide.

You stepping on to your mat with us here at Heart & Flow means you understand our intention of sharing our practice of healing.

Thanks for practicing with us and we look forward to sharing time on and off the mat.

**Please note I often take a picture during Shavasana. I stay at a distance so your privacy is always respected. However if you don't feel good about that, please let me know before class. Thank you & Namaste.*

Class RATES

Drop in:

\$10 or 6,000 colones

Packages:

\$40 for 5 classes (*23,000 colones*)

\$70 for 10 classes (*40,000 colones*)

**You can pay here at the desk when
you first arrive**

OR

**You can pay at the end of class in
the rancho.**

All good.